

DBA Review Guide

1st DBA- Modules 1-2

Module 1

1.01

What are the dimensions of health?

How do family and culture influence health and wellness?

How do community and society influence health and wellness?

How can you take responsibility for your own health and wellness?

1.02

What is physical fitness?

What are the short-term and long-term benefits of aerobic and anaerobic activity?

What are the different levels of intensity in physical activity?

How can levels of intensity be monitored during aerobic activity?

How much physical activity should be a daily or weekly goal?

1.03

What are some strategies used to prepare for a safe, effective workout?

What equipment can protect against risks while participating in specific activities?

What guidelines can help to achieve personal responsibility and demonstrate sportsmanship?

What rules of etiquette should be followed in the gym and when participating in other activities?

1.04

What information helps to inform snack and food choices that are best for overall health?

What are the balanced food portions for a healthy, nutritious meal?

How do you read a nutrition label, and what other tools can be used to plan healthy meals?

How do you document food intake, including calories consumed and nutrient data?

1.05

How can you evaluate the validity and reliability of health information, products, and services?

How can you spot frauds, scams, and misinformation as it relates to consumer fitness products?

How can you analyze conflicting health information to make responsible decisions?

How do online influencers impact trends relating to mental and physical health?

Module 2

2.01

How can FITT training principles be applied to workouts and other physical activities?

What are skill-related components of fitness, and how do they enhance performance?

Why are form and technique important in skill-related fitness training?

What are the multiple health-related components of fitness, and how are they improved through the application of training principles?

2.02

What is biomechanics, and what are its practical applications?

What are the principles of biomechanics, and how can they be applied for safe and successful physical performances?

What do the principles of biomechanics look like in motion?

Why are warming up and cooling down activities so important?

2.03

What is cardiorespiratory endurance, and why is it important?

How do you find your resting heart rate and target heart rate zone?

How can you use your heart rate information to build and maintain cardiorespiratory endurance?

How can heart rate monitors be used to evaluate health, fitness levels, and performance?

2.04

Why are muscular endurance and strength important?

How do I maintain or increase muscular endurance and strength?

What is flexibility, and how is it improved and maintained?

How can technology be used to measure a person's muscular strength or fitness?

2.05

How do you find your baselines?

2.06

What are SMART goals, and how can they be used to craft a fitness plan?

Why is focusing on weight loss alone an ineffective approach to a fitness plan?

What does an effective fitness plan look like?

How can you stick with your fitness plan even when boredom or frustration sets in?